

# FOUR BARREL FITNESS

## GROUP CLASS SCHEDULE

Mon	Tue	Wed	Thu	Fri	Sat	Sun
CrossFit 6am	CrossFit 6am	CrossFit 6am		CrossFit 6am	CrossFit 8am	CrossFit 1pm
CrossFit 7:15 am	CrossFit 7:15 am	CrossFit 7:15 am		CrossFit 7:15 am	CrossFit 9:30 am	
LeanX 9am	LeanX 9am	LeanX 9am	LeanX 9am	LeanX 9am	<b>Open Gym Hours</b>  Mon - Wed, 10am-12pm, 1pm-4pm Thur, 10am - 6pm Fri, 10am-12pm, 1pm-4pm Sat, 10:30am - 12pm Sun, 2pm - 4pm	
CrossFit Noon	CrossFit Noon	CrossFit Noon	CrossFit Noon	CrossFit Noon		
Teens 3:30pm	Longevity 2:45pm	Teens 3:30pm	Longevity 2:45pm	Teens 3:30pm		
CrossFit 4:30pm	CrossFit 4:30pm	CrossFit 4:30pm	CrossFit 4:30pm	CrossFit 4:30pm		
CrossFit 5:30pm	CrossFit 5:30pm	CrossFit 5:30pm				
CrossFit 6:30pm		CrossFit 6:30pm				

**Book a Free Intro  
at 4Bfit.com**



Group  
Classes



Personal  
Training

322 Mt Tabor Rd, New Albany  
502-509-3801  
www.4bfit.com

